



SELF-CARE KIT

A GUIDE TO HELP YOU THROUGH A BUSY DAY

@the.modernrm



Self Care Tips

Don't procrastinate and plan your day

You owe it to your future self to plan. No need to create stress and anxiety in your life by waiting to the last minute.

Set time out to plan your day and execute!

Exercise regularly

Exercise is great for the body and mind. It's also a great stress reliever and promotes discipline in your life. Try working out a few times a week and see how you feel.

Speak positive affirmations over your life.

If you want it, speak it! It's law. Be intentional in setting your goals everyday and then speak them.

Stay organized

One of the most important benefits of organizing your space is reduced STRESS. Simply having a more efficient system to keep track of your papers and appointments can help minimize stress-influenced conditions such as depression, ulcers and heart disease.

Benefits of

Staying Organized

01.

Being Organized Improves
Mental Health

02.

Being Organized Improves
Physical Health

03.

Organized People Clean Less

04.

Being Organized = More Free
Time

TO-DO LIST

Daily Routine

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